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The BG News December 17, 2002

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BG NEWS

BG News: Final Exam Issue
Fall 2002

The following test contains 24 pages of general information concerning student life during finals week. Be sure to read every page carefully and answer in complete sentences.
True or False circle the correct answer (5 points each)

- 1) **Test Anxiety** a prominent source of student stress on this campus. (TRUE / FALSE)
- 2) The University has four operational **Study Labs** on campus. (TRUE / FALSE)
- 3) Pursuing a college **Internship** is a good way to further your career objectives. (TRUE / FALSE)
- 4) "A Charlie Brown Christmas" is one of the **Top Ten Movies**. (TRUE / FALSE)
- 5) **Sleeping** determines a student's overall well-being. (TRUE / FALSE)
- 6) **Off-Campus Theft** is a growing concern amongst students. (TRUE / FALSE)
- 7) More students currently engage in **Cohabitation** than previously thought. (TRUE / FALSE)

TUESDAY

December 17,
2002

VOLUME 95 ISSUE 74

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Special thanks to the following for helping in the production of the Final Exam Issue, the last publication for The BG News in 2002:

Matt Ivey, Graphics Editor (cover design and photograph)

Jeff Braun, Design Editor (layout)

Jennifer Bracken, Campus Editor (copy editing)

Nicole Wulf, Copy Chief (copy editing)

Nick Wehrkamp, Designer (layout)

Cohabitation a new trend

By Molly Yoder
GUEST REPORTER

In the early part of 2002 the United State Census Bureau found that nearly 90 percent of Americans get married. However, the Census Bureau also found nearly half of first marriages end in divorce. Knowing this, more people are seeing cohabitation as the next step in dating before marriage.

Wendy Manning, director for the Center for Family and Demographic Research and associate professor of sociology at the University has been studying the effects of cohabitation on many levels. She is currently working on a new study about cohabitation, with a team of other specialists at Princeton University. The group has collected data on 90 young adults in cohabiting relationships.

The research asked questions to try and better understand why people live together, without being married. The researchers hoped to answer three important questions: 1) what draws the couples into making that step? 2) what are their feelings about marriage? 3) how are they ending the

"Over half of first marriages are preceded by cohabitation. It's more common to cohabitate, than not to cohabitate, and so sort of the question in becoming, why don't you cohabitate?"

WENDY MANNING

DIRECTOR FOR THE CENTER FOR FAMILY AND DEMOGRAPHIC RESEARCH

relationships? The answers to these questions will broaden earlier research completed by Manning.

Last year, Manning found this current trend seems to have become the next step in relationships because people fear divorce, therefore living together before marriage is believed to help prevent this from happening. Research shows that 75 percent of cohabitators intend to get married at some point.

"Over half of first marriages are preceded by cohabitation. It's more common to cohabitate, than not to cohabitate, and so the question is becoming, why don't you cohabit?" Manning said.

Manning's research found that cohabitation doesn't accomplish what people believe. Her findings show that people who cohabit are more likely to get married and have a

higher divorce rate. Senior, Jeff Holland and his girlfriend have seen this first hand. This influenced them to wait until they get married before living together.

"We just looked at everybody who has done it, and a lot of people break up before they get married. So, we figured if we get along fine without being married, we can wait so it can be that much better," he said.

Manning said the divorce rate is higher because couples who cohabit often stay in bad relationships because the burden of commitment is greater.

"The process of cohabitation kind of pushes people into marriage more than one may think," she said. "It's not easy to end a cohabitating relationship because you have moved in, you often have bought things together, you're sharing resources and to

suddenly say, 'I'm going to move out' is not like deciding to move out in a roommate situation."

Manning also said when you live with your partner you share mutual friends and this might make it harder to end the relationship.

Couples who don't cohabit tend to be those who have religious or traditional values.

"I would like to do it, but my family doesn't feel the same way. They're more, you should be married before living together," sophomore, Amanda Kellogg said.

People who don't cohabit also tend to get married sooner. People in cohabitat relationships tend to wait for a longer period of time before marriage. Manning's study doesn't indicate that a longer dating period changes either partner's thoughts about marriage. "Cohabitation isn't

keeping people from getting married but it is probably responsible for a lot of the delay in marriage," she said.

While living with someone has many benefits, some people feel it is not worth it. "As much as I liked parts of it, I would never do it again," television news reporter Justin Kraemer said. Kraemer lived with his girlfriend for almost a year before breaking off their relationship.

"It feels like you're skipping a step. As much as it is to have a partner without the reassurances and security that marriage provides, the partnership can't stand the test of time because it doesn't have the solid base that lifelong commitment provides," he said.

Although he misses a lot of things about living with his girlfriend, he thinks next time he would have to be engaged, if not married, before living with another partner.

Manning and her team from Princeton are looking to broaden their research in the future. For now, they hope to offer a conference in May about their results. Manning also plans to publish her research findings.



Amanda Keegan BG News

Study Time

Concentrating: A group of females sit reading in preparation for a week filled with exams, projects and presentations. Extended library hours allow for extra study time, and quiet hours in all residence halls makes preparing for exams an easier task.

The top ten Christmas movies

By Jeff Braun
DESIGN EDITOR

10: "Mickey's Christmas Carol"

This version of Dickens' masterpiece sees Ebenezer Scrooge aptly played by, who else, Scrooge McDuck. Mickey Mouse and friends add a welcome twist to this holiday staple.

9: "The Santa Clause"

Tim Allen plays a divorced father turned chubby gift-giver in this 1994 movie. Allen does well as the new Santa Claus after accidentally killing the original. The new Claus gains weight at a hilarious rate, futilely attempts to keep his current job, and tries throughout to improve a fading relationship with his son.

8: "Muppet Christmas Carol"

Kermit, Miss Piggy and Gonzo all headline this remake of the original story. The characters are almost endearing enough to make you forget that they've got hands up their asses.

7: "A Charlie Brown Christmas"

Charlie Brown and the gang prepare for a Christmas pageant while Charlie searches for the real meaning of Christmas. Linus offers a helping hand while Lucy is her usual mean old self ... you blockhead!

6: "Rudolph The Red-Nosed Reindeer"

Rudolph is tossed into exile where he finds other misfits, Hermey the elf, who wants to be a dentist, and Yukon Cornelius, the prospector, join him in their journey to attempted normalcy. Meeting the Abominable Snowman along the way, Rudolph learns that even misfits have a place during the holidays.

5: "Frosty The Snowman"

A greedy magician attempts to ruin a little girl's Christmas by stealing his magic hat which gives life to a snowman. Based on the great Christmas song of the same name, Frosty is a favorite of children from the age of 3 to 23.

4: "Home Alone"

Macaulay Culkin gets his Christmas wish when his family disappears for the holidays. The two bumbling thieves, Joe Pesci and Daniel Stern, have no clue what this eight-year-old has in store for them. Buzz, your girlfriend, woof.

3: "National Lampoon's Christmas Vacation"

This vacation is funnier than the original, and the Griswold family doesn't even leave the house. Clark W. Griswold Jr. manages to destroy almost every aspect of Christmas, and makes everyone thankful that they don't have their own cousin Eddie.

2: "Dr. Seuss' How The Grinch Stole Christmas"

This cartoon classic from 1966 is a must-watch every Christmas. The evil Grinch attempts to steal Christmas from the always cheery Whos down in Whoville. This timeless tale proves that even bad people have a heart, and dogs are stronger than they appear.

1: "A Christmas Story"

Ralphie's quest for a Red Ryder Carbine Action, 200 Shot, Range Model Air Rifle tops the list as the number one Christmas movie. Ralphie and his always bundled up little brother Randy find themselves fighting, crying and swearing while their mother takes it all with a grain of salt, and their father tries to figure out what "Fra-gil-e" really means. No Christmas is complete without 24 hours of "A Christmas Story."



Mike De Sisti AP Photos



HOLIDAY CHEER: Above, the Wisniewski family sit in front of their home in Neenah, Wis., which is covered with more than 15,000 multi-colored lights. The Wisniewski's enjoy their home being called the "Griswold house," referring to the 1989 movie, National Lampoon's Christmas Vacation starring Chevy Chase. Charlie chats with Linus, left, in the snow in this frame from "A Charlie Brown Christmas." Which aired twice last week on ABC and will be shown on various channels throughout the holidays.

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Students' valuables safe over break

By Mary Beth White
REPORTER

Many students worry that belongings left in their dorm rooms will not be properly safeguarded, but according to campus police Sgt. Tim James, these fears are unnecessary.

Students should feel comfortable leaving their valuables behind as they leave campus.

"Their stuff should be perfectly safe as long as they lock their dorm room," James said.

But even if students forget they are protected. "Every single door in every residence hall gets checked by patrols," James said.

R.A.'s also check door locks as part of the checkout process.

The watchful eye of the campus police is even more acute over Christmas break.

The police do more foot patrols over the holidays because they have less to attend to. We get fewer complaints, and fire alarms, said James.

Even though the population of the campus will go down to only a few hundred students, the campus police will remain fully staffed and open 24 hours a day, seven days a week.

"With fewer residents it's easier for us to know who should and shouldn't be in the dorms," James explained.

The police keep a list off all the students who remain on campus and can easily check that list if they see any unusual activity.

"Anything unusual gets our attention immediately. If we hear noises or see lights on, we check it out."

All of these precautions have proven successful in the past.

"It's rare that we have any break-ins [over the holiday]," James said.

The few cases that have been reported in recent years in Rodgers Hall have all led to successful arrest and prosecution of the burglar.

There is always the possibility of theft by people who are allowed to be in the building, like maintenance and custodial personnel, but James hasn't had any problems with it.

"Employee theft is very rare. They are good people with good jobs. They don't want to jeopardize that," James said. "We have been very successful with catching employee theft when it does occur."

In the end, James encourages students to have faith in the campus police and enjoy a holiday without worrying about their dorm rooms.



Amanda Keegan BG News





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THE CAMPUS BLOTTER

Friday Dec. 13:

A Chapman R.A. reported the smell of marijuana outside a room on the fourth floor in Chapman Hall.

Thomas W. Clark of Cincinnati, Ohio, was cited for disobeying a traffic control device.

A hall director on duty called for a custodian to clean a blood trail found in Rodgers. Upon questioning she said that the R.A. was investigating the situation, and that we might want to send a police officer.

A hit skip accident was reported in Lot 7.

Complainant reported he lost his wallet on campus.

Saturday Dec. 14:

Several students have been referred to student discipline for liquor law violations.

An ill student was transported to the Wood County Hospital by ambulance.

The Wood County Hospital requested an officer speak with a student who was offensive to the other patients and the hospital staff. The female will be referred to student discipline.

Unknown person(s) threw a beer bottle at a window and broke it.

Sunday Dec. 15:

A report of telephone harassment was received from a resident in Conklin.

A subject reported his rear license plate was stolen.

Complainant reported the floor in the Offenhour East elevator was damaged.

A cell phone was reported missing in the Student Ice Arena.

A student, who attempted to harm himself, was transported by ambulance to the Wood County Hospital.

A custodian reported a hole was put in a wall in the Education Building.

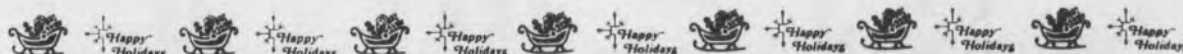
A custodian reported that a dispenser in the women's restroom was broken into.

A student has been referred to student discipline for causing a disturbance with her roommate.



Amanda Keegan BG News

HITTING THE BOOKS: Nick Jones, left, and a friend are preparing for final exams this week. The Jerome Library offers many study stations for groups, as well as individuals looking to prepare for the last week of the fall semester.



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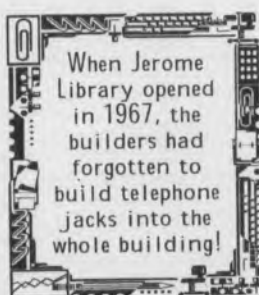


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When Jerome Library opened in 1967, the builders had forgotten to build telephone jacks into the whole building!

The BG News Submission Policy

Do you agree with all of this? We doubt it. Write us and let us know where you stand. **LETTERS TO THE EDITOR** are to be less than 500 words. These are usually in response to a current issue on the University's campus or the Bowling Green area.

GUEST COLUMNS are longer pieces between 600 and 800 words. These are usually, also, in response to a current issue on the University's campus or the Bowling Green area.

POLICIES

Letters to the Editor and Guests Columns are

printed as space on the Opinion Page permits. Name, year and phone number should be included for verification purposes. Personal attacks and anonymous submissions will not be printed.

Email submissions as an attachment to bgnews@listproc.bgsu.edu with the subject line marked "Letter to the Editor" or "Guest Column." Only e-mailed letters and columns will be considered for printing. All letters are subject to review for length and clarity before printing.

BG NEWS

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Getting a good nights sleep, important

APRIL L
ELLIOTT

Editor-in-chief

During the fall semester exam week might be more stressful than at any other time of the year. With the holiday season looming around the corner, packing to go home, the papers that still need written and the exams that still need studied for ... there seems to be little time for anything else.

The following is a list provided by the St. Vincent Mercy Sleep Disorders Center, which is entitled Better Sleep = Good Health. So with all the stuff students have going on it seems appropriate to try and tell them how they can get a better nights sleep. The list includes the following:

Regular Bedtime

They insist that if you maintain a regular bedtime and a regular wake-up time you will benefit by creating a natural sleep cycle.

Exercise Regularly

Getting plenty of exercise can help one sleep deeper, according to St. Vincent's. They do suggest, however that you don't work out too vigorously in the evening because it could keep you awake longer.

Special Time

'Special Time' is time set aside to gather your thoughts for the next day. St. Vincent's suggests that you don't try and plan your day at bedtime, because it will keep you up and keep your mind reeling.

Relax

Set aside time in the evening to relax and unwind before you try and go to bed. Relaxing is one of the most important elements of falling asleep.

Eat a Light Snack

According to the list, one shouldn't eat a heavy meal before bed, but a small snack in the late evening could reduce hunger pains and help you fall asleep.

Eliminate Caffeine

As everyone should know, caffeine is a stimulant and can keep you

awake during the night. So, although it might come in handy by keeping you up to study, in order to get a good nights sleep it should be eliminated or consumed in the morning.

Avoid Alcohol

If it's the only thing that gets you through exam week, don't bother reading on. Alcohol can help you sleep, but it will actually make you have a worse nights sleep.

Avoid Smoking

Nicotine, like caffeine is a stimulant that will keep you up at night. So, although it might make you relax, it won't.

Darkness and Quietness

Living in the residence halls is not conducive to this advice — keeping the room dark and quiet are usually out of your control.

Mattress and Pillow Comfort

This is another one of those things that most students probably don't have control over. However, having a comfortable mattress and pillow can help you get a better nights sleep.

Temperature Control

Some residence halls allow students to have control over their room's temperature and some don't. But for those that do ... keep it at a slightly cool temperature, it will make you sleep better.

Bedtime Ritual

Be consistent with what you do before you go to bed every night. The Sleep Disorder Center said that you should "consider taking a warm bath, reading a novel, watching the late news, etc."

Avoid Napping

Taking naps during the day and evening can cause you to have a bad nights sleep. So while it may be tempting to nap during the week, it will make for a harder nights sleep.

Reserve Your Bedroom

OK, for those of you in the residence halls, this advice is not for you. According to the Center your bedroom should be reserved for "sleep and sex only." You shouldn't use your room for reading, paying bills or eating.

Feel Sleepy

If your not tired ... don't go to bed, plain and simple.

Unable to Fall Asleep

If it takes you more than 15 to 20 minutes to fall asleep you should get out of bed and do something relaxing in a different room (although this won't work for those in residence halls very well).

Maintain Your Biological Clock

Get up at the same time, and go to sleep at the same time. Again, this will help you to set a sleep cycle ... i.e. set your biological clock.

Talk to Your Doctor

If persistent problems in sleeping continue (exam week is an exception mind you) see your doctor.

So clearly if you want to get a good nights sleep during finals week and you try and use the above steps to achieve a good nights sleep — it seems like it might just be impossible. So between the residence hall rooms, the caffeine and nicotine you might be better off not sleeping through finals week and instead saving it all up for winter break.

Congratulations to the new Kappa Alpha Officers:

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Happy Birthday to Ed Kuresman on December 19th

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Internships create future options

By Sarah Dewey
REPORTER

University students may believe that their education is complete when they earn a degree. But many students are missing out on an experience that could help start their career.

The Cooperative Education and Internship Program can help students gain work experience in their career field, before graduation. Completing an internship gives graduates an edge in the job market.

"In this economy, it's crucial," said Sue Young, the assistant director of the Cooperative Education and Internship Program.

Students that have been interns at companies related to their fields have a better chance of finding a job when

they graduate.

Internships allow students to try out their possible careers before looking for a job.

"Students may want to do part-time work and test out the environment before entering the full-time job market with something that may not be a fit," Young said.

"When students come to the University, they come with the idea of getting a full education. If you leave campus without applying what

"When students come to the University they come with the idea of getting a full education. If you leave campus without applying what you've learned in your classes, you are getting short changed."

SUE YOUNG

ASSISTANT DIRECTOR OF THE COOPERATIVE EDUCATION AND INTERNSHIP PROGRAM

you've learned in your classes, you are getting short changed," Young said.

"I cannot stress enough the importance of doing an internship. The knowledge of the industry, networking and developing the skills that employers look for us gained through internship experience," said Kelly Wyszynski, an IPC major that completed an internship in Cleveland.

Monica Stephens, a Public Relations major said that she sharp-

ened her public relations skills and gained experience that helped her to get her second internship, which was a paid position.

There are reasons to complete internships or a Co-op, other than to obtain experience.

Ninety-six percent of students that have done a Co-op are offered a job by their employers. The difference between a student doing a Co-op and an internship is that a Co-op is more than one semester long and full

time. An internship is one semester and part time, Young said.

Any major can participate in Co-ops or internships, but not all give credit to students for their work. A student will complete a Co-op as pass/fail, without credit. The experience will show up on their transcript, and keep the student linked to the University with full time status as a student.

Students that are interested in obtaining an internship or Co-op, may contact the Cooperative Education and Internship Program at 372-2451. The staff can help students to assess possible positions and interviews, and with preparation for the job.



University Dining Services Fall 2002 Closing Hours

Dining Centers & Restaurants

Commons Dining Center	Closed 7:00 pm, Thurs., Dec. 19
Founders Keepers Food Court	Closed 2:00 pm, Friday, Dec. 20
Kreischer Sundial Food Court	Closed 2:00 pm, Friday, Dec. 20
McDonald Dining Center	Closed 2:00 pm, Friday, Dec. 20

Snack Bars & Convenience Stores

Kreischer Shadows Snack Bar	Closed Midnight, Wed., Dec. 18
Chily's Express	Closed 5:00 pm, Friday, Dec. 20
Galley	Closed 2:00 pm, Wed., Dec. 18
GT Deli	Closed 11:00 pm, Mon., Dec. 16
GT Express	Closed 5:00 pm, Friday, Dec. 20
Founders Keepers Snack Bar	Closed Midnight, Wed., Dec. 18

Restaurants

Towers Inn Restaurant	Closed 7:00 pm, Thurs., Dec. 12
Silver River Café	Closed 8:30 pm, Friday, Dec. 13

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Weather policy recently updated



Amanda Keegan BG News

COLD DAYS: Snowfall has subsided momentarily on campus, but windy weather and chilly temperatures make walks to class undesirable.

By Sarah Dewey
REPORTER

The University doesn't close often, but it can happen. Twenty-five years ago, weather was so severe that commencement had to be cancelled.

In an attempt to make closing procedures more clear, the University updated its Severe Weather Closing Policy.

"We wanted to make sure the policy was very clear and everyone understood it and had a chance to read it," said Linda Dobb, the executive vice president.

The effort to change the weather policy began in May, when a committee was formed to make the policy more detailed and understandable.

"It was too vague. Too much was left up to people's judgement. There could be cases where people abuse the policy," said Bonnie Blakenship,

Monitor editor and member of the Severe Weather Closing Policy Committee.

"I think that a lot of people worked on it, and there was input from many different areas on campus to get the best policy," Blakenship said.

The new policy leaves the decision of whether or not to have classes up to the individual professors, when weather conditions permit. Faculty and staff can make the decision to take personal or vacation days instead of coming to work, Blakenship said.

The University will not close, unless the roads are really bad, Dobb said.

"Very seldom do we cancel class," she said.

The reasons that the University may close are because of the safety, health or access to the University. If one or all of these things permits a

closing, then classes and non-essential areas on campus will be closed.

Non-essential areas on campus include anywhere that does not provide heat, light or food for residents. This includes the Student Recreation Center and the Jerome Library. However, the police department, president's and vice president's offices and the snow removal department would remain open.

The University would remain closed in the event of classes being cancelled, until business hours the next day.

The University closing is unlikely, Dobb said, because most students do not commute to campus.

For students that commute to campus, the decision of whether or not to come to class during severe weather is up to them, but students

WEATHER, PAGE 20

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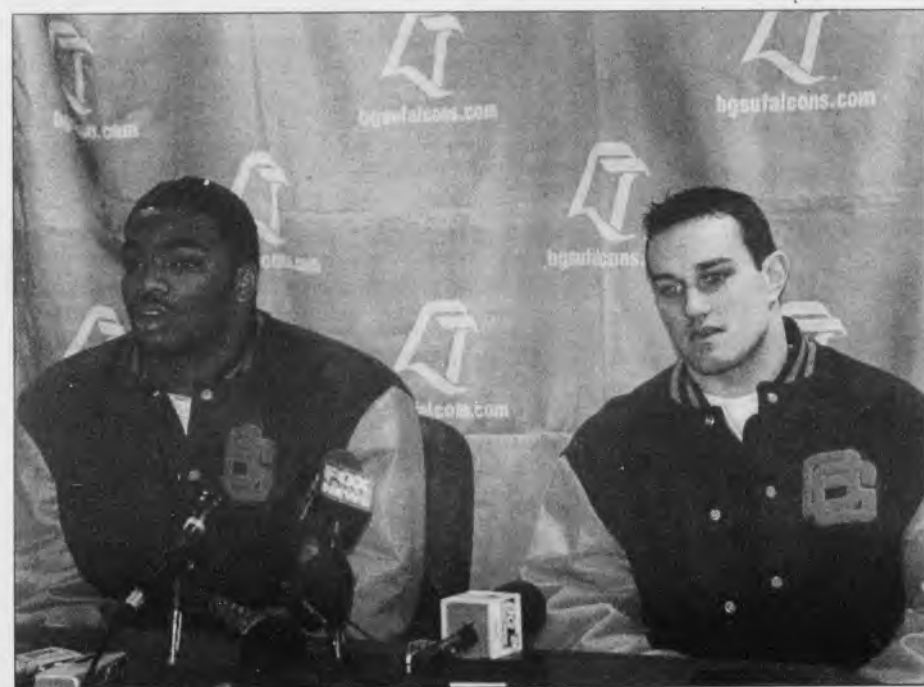
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The BG News remembers



events of fall semester '02



Stress hinders immune system

By Jonathan Fusfield
THE DIAMONDBACK

(U-WIRE) COLLEGE PARK, Md. - With finals just a little more than a week away, students are scrambling to finish papers and projects before beginning to study for tests. For many, stress will accompany the heavy workloads, making already demanding tasks more difficult.

According to a recent study, these feelings of stress can result in a weakened immune system, but for stu-

dents and professionals, the study's findings come as no surprise.

"Stress breaks down the immune system, leaving people susceptible to germs and bacteria," said Virginia Kellogg, president and CEO of the Kellogg Stress Institute.

The study, conducted in England, indicates that the perception of high stress is more important than actually undergoing a stressful event.

Researchers focused on 60 freshmen undergraduate students who

received a meningitis C vaccine between one and 16 months before they enrolled in the study.

Researchers took blood samples to measure the levels of protective antibodies against meningitis C in each student's body. Nearly three-quarters of the students had protective levels of antibodies. Numerous questionnaires, which asked about the students' lifestyles and experiences, were given to the students following the blood tests.

Students who experienced a period of high stress, such as the death of a parent, were as likely to show a weakened immune system as other students.

However, based on the questionnaires' results, researchers found those students who perceived themselves to be under high amounts of stress were five times more likely to have fewer antibodies against meningitis C. Thus, the study claims that despite having been inoculated against a disease, perception of stress will weaken the immune system.

Allan Paderson, a sophomore kinesiology major, was not surprised by the study's findings.

"With stress comes lack of sleep and forgetting about nourishing the body," Paderson said.

Kellogg said it's only natural for the feeling of high stress to weaken the immune system.

"The body responds to the brain," said Kellogg. "Feeling stressed out triggers the body response."

Kellogg said college students, especially freshmen, have a difficult time establishing a routine, creating good study habits and finding a balance between family and new-found independence, among other things. Students agreed.

"It affects freshmen a lot because they are inexperienced at distinguishing the balance between their social life and academics," said Rachel Yamrus, a freshman letters and sciences major. Yamrus added that her sleep patterns are influenced by stress.

Jennifer Treger, coordinator for the Center for Health and Wellbeing, said students are crunched for time and the resulting stress would certainly affect their immune systems.

"The more you don't take care of yourself, the more likely you are to get sick," she said.

Students will forget to eat or take caffeine pills to remain awake so they can finish their work, Kellogg said.

Schoolwork is often a cause of an increase in students' stress levels.

"I did not have a [Thanksgiving] break because I needed to study for tests and finish a presentation also," Paderson said.

Kellogg said she feels there is a lack of communication between instructors and students.

"Instructors have to be more aware of the stress students undergo," she said, adding she would like to see more classes related to stress and time management offered at universities.

Kellogg said self-esteem issues also cause stress in students as they adjust to the college environment.

"There are so many things that stress people out normally, and college just adds to that," said Yamrus.

To avoid stress, students should exercise more and prioritize their lives by creating a list, Treger said. Kellogg added that students should eat healthier, create better study habits and establish a consistent routine.

"Stress is our own worst enemy," she said.

DOWN THOMPSON DINING SERVICES Closing Hours Winter 2002

Traditions	Closed Sat., Dec. 21	2:00 pm
Fusions		
Fruit & Yogurt Bar	Closed Sat., Dec 21	11:00 am
Salad & Fruit Bar	Closed Sat., Dec 21	3:00 pm
Wok-to-Order	Closed Thur., Dec.19	7:30 pm
Freshens	Closed Sat., Dec 21	3:00 pm
Sara Lee	Closed Sat., Dec 21	3:00 pm
Soup du Jour	Closed Sat., Dec 21	3:00 pm
Steak Escape	Closed Sat., Dec 21	3:00 pm
The BiG Grill	Closed Thur., Dec.19	9:30 pm
Zza's Pasta	Closed Fri., Dec 20	7:30 pm
Zza's Pizza	Closed Sat., Dec 21	3:00 pm
Black Swamp Pub	Closed Fri., Dec.20	Midnight
Bowling Greenery	Closed Fri., Dec 20	7:30 pm
Carnation Café	Closed Mon., Dec 23	5:00 pm
Zza's @ Night	Closed Thur., Dec.19	2:00 am

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Holiday fire safety precautions

Final exams are upon us and holidays are just around the corner. Students are anxiously awaiting a much needed break from the academic world to be at home with their families during this festive time of the year. Along with holiday celebrations come the traditional decorations to help greet the season. Along with these decorations also comes the potential for fires in the home.

Many residential fires occur during the holidays each year. Causes of fires vary, but most fires are due to carelessness. One

of the major causes of house and apartment fires is unattended burning candles that come into contact with combustible materials and decorations, or which are knocked over by family pets. Candles need to be in sturdy holders and kept away from all combustibles in the home. Burning candles must never be used on any holiday tree, either live or artificial, or in conjunction with any combustible decorations. Small children must be under adult supervision at all times whenever candles are lit.

All residences should have working smoke detectors on every floor, and detectors must be tested regularly. Families need to have an escape plan in case of emergency. A fire extinguisher is also an excellent investment for the home.

Be careful not to overload electrical circuits with too many items plugged into one outlet. The use of extension cords should be discouraged; to avoid electrical overload, use surge protectors with built in circuit breakers instead. Use only the recommended number of strings of lights

connected together per manufacturer's recommendations. Halogen lamps need to be kept away from all combustible materials as they generate greater heat than an ordinary light bulb. Halogen lamps have been responsible for fires nationally causing deaths and injury when they came into contact with combustibles.

If portable electric heaters are in use, they need to be kept away from combustible materials and furniture. Wood burning fireplaces and stoves also need to

be in good, safe operating condition and equipped with a protective screen or glass doors. Chimneys need to be cleaned and inspected professionally on a regular basis to help insure safety.

Never burn trash, paper, or live trees in a fireplace or stove. This practice has resulted in many tragic holiday fires.

With just a few precautions you can have a "fire safe holiday." We look forward to seeing you next semester.

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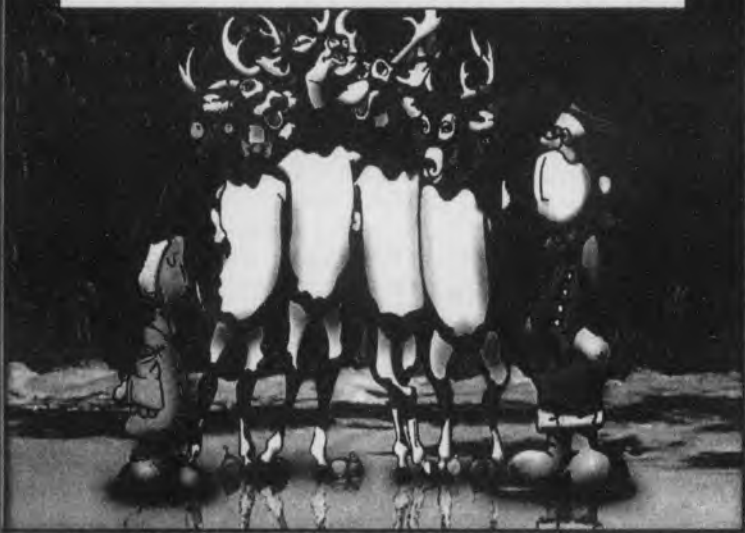
Saturday & Sunday, Dec. 14 & 15 (11 am - 5 pm)

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Relief for exam week anxiety

By Sarah Dewey
REPORTER

It's that time of the semester, when stress is at maximum levels for many students. Studying and preparation can change the semester's outcome this week.

Many students will suffer from anxiety this week, as the semester comes to an end. But for some students the stress of studying is minor in comparison with the stress and anxiety that occur when taking a test.

Test anxiety is when students are worried or uneasy about taking a test, and it effects the outcome of an examination.

There are two types of test anxiety, said Betty Yarris, a psychologist at the University Counseling Center. One

type is when a person is anxious because they have not prepared for a test. The second type is when a person has prepared by going to class, taking notes, doing homework and studying, and still has anxious feelings about taking a test or exam.

"[Test anxiety] clears the ability to think clearly," Yarris said.

The Counseling Center provides information and counseling for students that suffer from test anxiety.

Counselors use a combination of techniques to reduce anxiety, but there are steps that students can take to help themselves. Basic care such as eating and sleeping well are important to help students feel less stress, but there are other issues such as the psychological components of stress

that students may not be able to control, Yarris said.

"We would look at anxiety-provoking thoughts." Such as: Did I study enough? Am I going to fail? Yarris said.

Counselors at the Counseling Center can help students get rid of their negative thoughts, and suggest deep breathing to physically calm themselves.

One specific technique that can be used to reduce stress over tests and exams is called systematic desensitization. This is when a hierarchy of anxiety-provoking events is created.

The first step of determining the hierarchy is asking the student what makes them the least anxious about taking a test. The counselor will then work on that issue with the student, and then work their way up the hierarchy to the most stressful situation when taking a test.

"You progressively learn to be calm," Yarris said.

There are steps that students can take themselves to reduce stress and anxiety. Students should take the negative thoughts that they are having and replace them with positive ones. For example, instead of saying

"I'm not smart enough," say "I did that well."

Focusing on replacing negative thoughts with positive thoughts will help to reduce one of the main causes of test anxiety.

Students should recognize their negative thoughts and develop positive statements about themselves, and practice substituting negative thoughts with positive ones.

For students that have difficulty with test anxiety, they can contact the Counseling Center for information about how to reduce stress.



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- A. destroyed by fire
- B. eaten by mice
- C. replaced with feather
- D. stolen

eaten by mice

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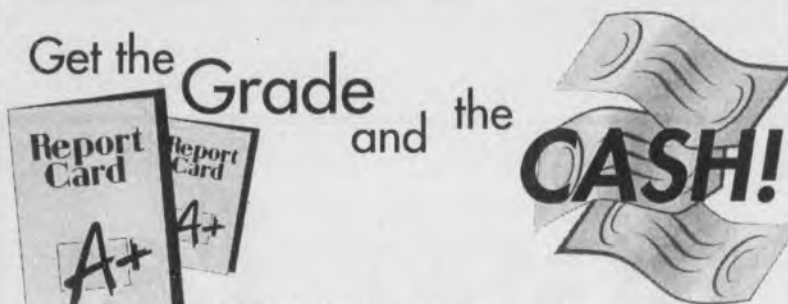
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*"I would have an
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up like me to take it...
if I had one."*



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SENIOR, MUSIC

"I'd kill my roommate."



AMANDA SCHAUB
SENIOR, T-COMM

*"I would seduce
my teacher."*

*What was your
favorite People on the
Street question from
the semester?*



JUSTIN PAQUET
SENIOR, AVIATION STUDIES

*"What was your favorite
People on the Street
question from the
semester?"*



RICH EDMONDS
JUNIOR, EDUCATION

*"That question about
the Olson Twins...
they're so hot."*



JUSTIN WINGET
SENIOR, GRAPHIC DESIGN

*"I thought that they
all sucked. Whoever
thinks of the questions
is an idiot."*



KURT CRUSE
SENIOR, VCT

*"Are you kidding me? porn
star names, the fighting
series, the strangest place
you ever woke up; those
guys are geniuses."*



Amanda Keegan BG News

Week proves difficult for students eating healthy

By Jennifer Palicka
REPORTER

Exam week is now upon University students. Not many have time to go out and have fun, let alone eat well and exercise.

Student Elizabeth Fine lives off-campus and said that because it is the last week of the semester, she doesn't want to go to the grocery store to buy any food to cook. This makes it difficult for her to eat healthy because she just finds whatever is left in her apartment.

"I just eat whatever is left, and that doesn't leave much," Fine said.

According to Nutrition Educator Tonya Hefner, it is best to at least eat something rather than nothing at all, and not to skip meals.

"People are busy this time of year because of exams so their eating habits change. They eat what is convenient and easy, not necessarily healthy," Hefner said.

She also said that it is difficult to eat healthy when the student has no food available. A peanut butter sandwich, a juice box or a bowl of cereal are all inexpensive ways to eating healthy, Hefner said.

One way to start eating healthy is to bring snacks in backpacks to sustain hunger during long study sessions or back to back exams.

"Eating at least a snack maintains your blood sugar. With low blood sugar, it is harder to concentrate," Hefner said.

Even if students are running on a low budget, they still can find healthy foods and snacks to eat during exam week. Instead of ordering a pizza after a late night of studying or running to McDonald's after a tough exam, students can find foods for the same price that is higher in nutrition, Vitamin C and calcium.

Senior Michelle Wilhelm remembers that in the past she never ate regular meals during exam week because she was too busy. Now, she doesn't have money to go out and buy food.

"I was a little stressed, so I would eat chocolate," Wilhelm said.

On the other hand, when exam week is over and it is time for the holidays, students eating habits can change once again.

Wilhelm said, "At home I eat healthier. I have balanced meals and don't eat a lot in between meals. We also don't have any junk food at home."

Wilhelm believes that the changes in her eating habits between home and school is paying a toll on her body. Her body has to adjust to the different types of meals she would

eat at home and school.

Fine, though, tends to eat less during exam week and more when she is at home.

"I eat more sweets, making up for the week of not eating. There is always food at home and I don't have to buy it," Fine said.

When Fine comes back from break, she thinks of all she ate.

"I usually say to myself 'Oh my gosh, I need to do something!'" she said.

Fine doesn't normally eat much when back in school and starts going to the rec until she gets back into her normal school routine.

Wilhelm feels the reason for her abnormal eating behavior is because she isn't on a regular schedule every day. When she moves out on her own and starts working, she believes that because of a set schedule, she could start eating balanced meals.

For students who feel that their eating habits drastically change from going home and coming to school, there are people that can help. The Wellness Connection and Student Health Services offer free counseling to anyone who needs someone to talk to or give them advice on the best type of diet for them.

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Thursday, January 9 10:00a.m. - 4:00p.m.

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(excluding University Holidays)

Student Health Service

Normal Operating Hours will resume Monday, January 13, 2003

(419) 372-2271

Help available with labs

By Chuck Soder
CITY NEWS EDITOR

If you're behind on studying and think you can't catch up, there is help.

Free services like the Math Lab and the Writers Lab are available to help students get their minds in shape for finals.

Though there's no replacement for studying in advance, there's still time to brush up on skills, according to Dianne L. Widman-Abbott, director of the Math Lab in 216 University Hall.

For those who are behind,

Widman-Abbott suggests reviewing old tests first. "If a skill's not clear, go back and try to get that down."

But waiting till the last minute to study is a poor substitute when it comes to math because one chapter is vital to learning the next.

"The problem is that math builds on itself," she said. "That's the biggest problem we're up against."

If you're a math student not looking for a tutor, the lab offers more.

"It's not just a place for help," she said. "'A' and 'B' students come to do their homework and study. It's a whole learning environment."

The lab's resources — the staff and answer books in particular — help make it a good study spot.

"We have answers that aren't in the back of the [textbook]," Widman-Abbott said.

The Writers Lab, in 303 Moseley Hall, is still open during finals week. Their busiest time, however, is actually the week before finals when students are preparing to turn in portfolios for their English classes, according to Barbara Toth, director of the Writers Lab.

Those students that still need help with papers can still get it — and

they'll get more than a proofread, according to Toth.

"We provide the student writer with informed reader feedback," she said. "Does it make sense? Is it well developed?"

She cited student comments in a pamphlet promoting the center: "The consultant I worked with really helped me come to my own position," one student said. "He guided me but didn't write my paper."

Learning to write well is important, and not just for getting an "A," according to Toth.

As an example, Toth explained why students in criminal justice classes.

"If those police reports and victim reports are more accurate, then so much better can justice be carried out."

But whether it's writing or math, studying in a lab setting fuels learning, according to Widman-Abbott.

"It motivates (students) to study longer and harder," she said. "It has made a difference, just by being here."

Students learn weather policy

WEATHER, FROM PAGE 11

should contact their professors prior to their absence and work something out, Blakenship said.

The student handbook addresses the issue of attendance during severe weather. Students will be excused from classes, if the Highway Patrol in the area where the student lives says that the weather creates hazardous driving conditions.

Blakenship said, that students should e-mail their professors and try to work something out with them about the work they miss in their absence.

When conditions warrant possible closing of the University, students, faculty and staff can call 372-SNOW for updates on closing. The University will inform the media in the event of a cancellation and post information online.

STUDY LABS

STUDY LAB	INCLUDES	DAY & TIME
Algebra Lab	Math 090 & Math 095	Tues. & Wed. 11 a.m. - 8 p.m. Thurs. 11 a.m. - 6 p.m.
Stats Lab	Math 115 & Stats 200, 211, 212	Tues. & Wed. 11 a.m. - 8 p.m.
Pre Calculus Lab	Math 120, 128, 129, 130	Tues. & Wed. 11 a.m. - 8 p.m. Thurs. 11 a.m. - 5 p.m.
Math Education Lab	Math 213, 215, 216	Wed. 11 a.m. - 6 p.m.
Writers Lab	General writing assistance	Mon. - Fri. 10 a.m. - 4 p.m.

Source: www.bgsu.edu/offices/acen/mathlab & www.bgsu.edu/offices/acen/writerslab

Nick Wehrkamp BG News

A Furry Fun Filled Fact...



A cat has 32 muscles in each ear!!!



Thank You!

The University Dining Services Task Force members wish to thank students, faculty, and staff who completed the Dining Services Survey.

Your responses will be invaluable in determining future directions for University Dining Services.



Congratulations

to Chaynae Moore, Rachael LeFevre, and Kimberly Keckler, the winners of our drawing for a DVD player, MP3 player, and Palm Pilot!

Prizes will be awarded to our three winners at the Bowen-Thompson Student Union Birthday Bash at 8pm on January 12, 2003.

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Good luck on finals from all of us at The BG News.

Sleep helps retain knowledge

By Amy Jo Shapiro
THE DAILY CARDINAL

(U-WIRE) MADISON, Wis. - As the semester is drawing to a close and final exams are quickly approaching, it is no surprise that students all across the University of Wisconsin campus are feeling a bit stressed.

"People tend to not take care of themselves in general before test time," said Liz Freitick, a University Health Services registered dietician.

While some students tend to pull all-nighters during exam-week, for example, it is best to get even five hours of sleep a night to retain knowledge, according to Rob Sepich, a stress management counselor at UHS.

While studying, students often drink caffeinated beverages, but Sepich said this type of stimulant

"That big disgusting meal at midnight is going to make you feel worse the next morning when you get up to take that final."

BETSY KELLEY,
OUTREACH SPECIALIST WITH UW EXTENSION

could do more harm than good.

Sepich also recommends a 10-minute break for every 50 minutes of studying. While caffeine and other stimulants give a quick burst of energy, they soon wear off and leave the student feeling even more tired and worn out than before.

One of the main reasons that students can get so tired at night is because of unhealthy eating patterns.

"People skip meals and then they crash at night and they don't really

understand why [they are tired]" said Betsy Kelley, an outreach specialist with UW Extension.

While it may seem easier to skip a meal, food has a direct effect on concentration and may even affect a person's memory and performance on exams.

"The issue is trying to still maintain a healthy eating pattern and sleep pattern," Freitick said, adding that it is very important to eat three balanced meals a day and that each meal should include three out of the

five food groups. "All the foods work together to help you feel like you can do a task for a certain period of time."

Kelley also emphasized the importance of healthy eating habits.

"That big disgusting meal at midnight is going to make you feel worse the next morning when you get up to take that final," she said.

A great snack for a quick energy boost is yogurt. It keeps blood sugar at desirable levels, according to Kelley. She also suggested snacking on dried fruit, pretzels or cold cereal.

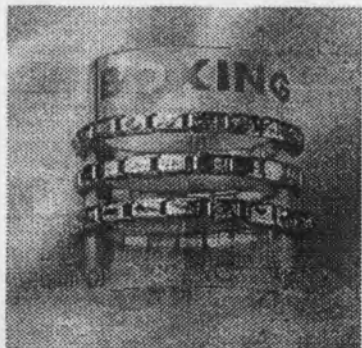
"Don't skip breakfast because you think you're saving calories or time," she said.

There will be a number of events taking place this week around campus to help students relieve stress and have a little fun in the midst of studying for finals.

Wednesday UHS will sponsor a Relaxation Room with fresh fruit, relaxing music and relaxation specialists on hand. The free event will take place at the Memorial Union TITU from 2 to 6 p.m.

Dec. 12, there will be a "Distress Fest" at Hillel, 625 Langdon St., at 9 p.m. Highlights will include massages, make your own smoothies, pizza, art projects and music. The event is free of cost and is open to all students.

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Environmental Action Group
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Hunger Banquet Participants
Journalism 344 Class
Kappa Kappa Gamma
Kidney Foundation of NWO
Literacy Serve and Learn
Make A Difference Day Participants

Medical College Hospitals
Metroparks of Toledo
Move-in Volunteers
Resident Student Association
SAAFE Program, Behavioral Connections
Silver Wings
St. Thomas More University Parish
Student Council on Family Relations
Student-Athlete Advisory Committee
Student Support Services
The Link
Toledo NWO Food Bank
United Christian Fellowship
United Way of Wood County
Wood County CASA Program
Wood County Park District
Zeta Phi Beta

These groups performed a wide variety of service including:

Blood Drives
Senior Olympics
Holiday Caroling
Blow the Whistle on Asthma Walk-a-thon
Disaster Action Team
Testing Family Water Works
Peace Cloth
Adopt-a-Highway
Soup Kitchens
Gingerbread Family Festival
Holiday Parade
Toledo Zoo Events
Radiology Consultant Projects
Tutoring
Crisis Hotline Volunteers

**THANKS TO THE STUDENTS,
ORGANIZATIONS, HALLS,
AND CLASSES FOR THEIR
HARD WORK AND
DEDICATION TO
THE COMMUNITY!**

Find out about ways to Get Involved:
Contact the Office of Campus Involvement
401 Bowen-Thompson Student Union
372-2343
involved@bgnet.bgsu.edu
http://www.bgsu.edu/offices/sa/getinvolved/



THE
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The BG News reserves the right to decline, discontinue or revise any advertisement such as those found to be defamatory, lacking in factual basis, misleading or false in nature. All advertisements are subject to editing and approval.

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Personals

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1 male subleser needed ASAP. Own bedroom. \$225/mo. 353-0807

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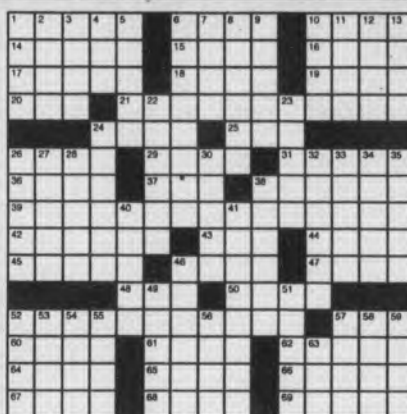
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1 Bad actors
2 Out of the wind
3 Stir up
4 "The Name of the Rose" author
5 Table constellation
6 Loss of rank
7 Israeli carrier
8 Dormant
9 Puerile
10 Factual information
11 Greek Cupid
12 Nip
13 " of the d'Urbervilles"
22 Baghdad's river
23 Count of jazz
24 Tutu's milieu
26 Outstanding
27 Former plumb
28 Magna
30 Tuscany city
32 Gas in Gloucester
33 Fall bloomer
34 Inscribed stone marker
35 Martin and Pickford
38 Type of squirrel or fish
40 Spinachlike plant

41 Representative
46 Zany
49 William and Sean
51 Missouri feeder
52 Way to go
53 Nabisco treat
54 Puts on years
55 Swindles
56 Palliate
57 Kind of meet
58 Separate
59 Actor Garcia
63 Totality

ACROSS

1 Seraglio
6 Sandwich shop
10 Obligation
14 Wonderland visitor
15 Dash
16 Racer Luyendyk
17 Crenshaw or honeydew
18 _ Hari
19 Small fry
20 I told you so
21 Diamond heists?
24 Enticement
25 Teachers' org.
26 Humane org.
29 Central idea
31 Tic
36 River to the Caspian
37 King of France
38 Spanish holiday
39 Poe's postal problem?
42 Goes in
43 Napoleon's marshal

44 Count (on)
45 Spanish lariat
46 Niger's neighbor
47 Mine products
48 Numbers pro
50 Organic compound
52 Felon's breakfast?
57 Healthy retreat
60 Jason's ship
61 Inter-campus sports org.
62 Nile dam
64 H.S. student
65 Old-time political cartoonist
66 Protect
67 Little Joe's brother
68 "Pursuit of the Graf _"
69 Vacuous

ANSWERS



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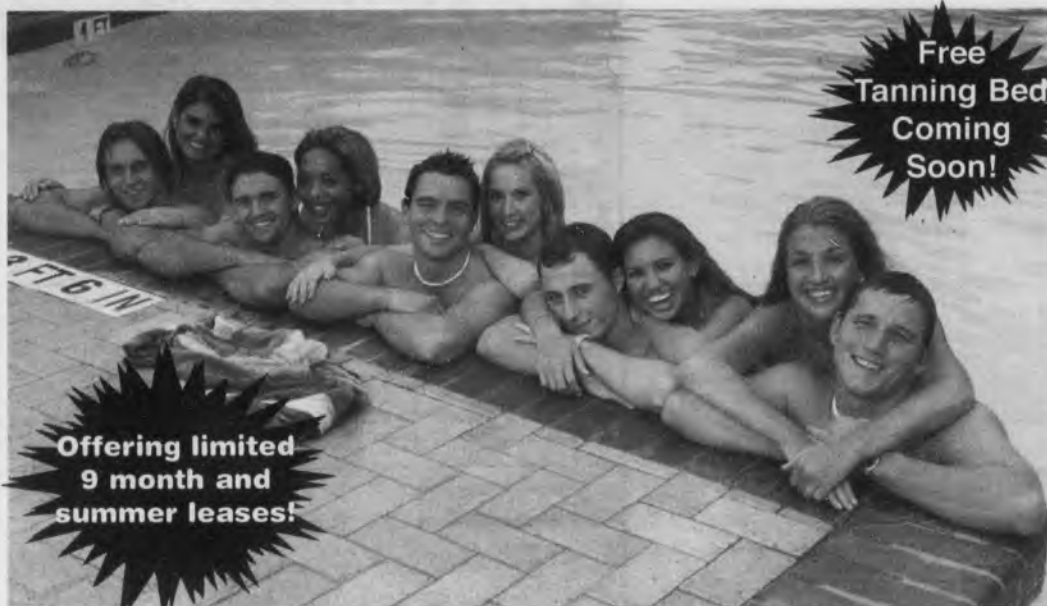
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